

## NUTRITION FACTS

Rice, white, long-grain, cooked ▼

**Amount Per** 100 grams ▼

**Calories** 130

### % Daily Value\*

**Total Fat** 0.3 g 0%

Saturated fat 0.1 g 0%

Polyunsaturated fat 0.1 g

Monounsaturated fat 0.1 g

**Cholesterol** 0 mg 0%

**Sodium** 1 mg 0%

**Potassium** 35 mg 1%

**Total Carbohydrate** 28 g 9%

Dietary fiber 0.4 g 1%

Sugar 0.1 g

**Protein** 2.7 g 5%

Vitamin A 0% Vitamin C 0%

Calcium 1% Iron 1%

Vitamin D 0% Vitamin B-6 5%

Vitamin B-12 0% Magnesium 3%

## NUTRITION FACTS

Milk, 1% fat ▼

**Amount Per** 100 grams ▼

**Calories** 42

### % Daily Value\*

**Total Fat** 1 g 1%

Saturated fat 0.6 g 3%

Polyunsaturated fat 0 g

Monounsaturated fat 0.3 g

**Cholesterol** 5 mg 1%

**Sodium** 44 mg 1%

**Potassium** 150 mg 4%

**Total Carbohydrate** 5 g 1%

Dietary fiber 0 g 0%

Sugar 5 g

**Protein** 3.4 g 6%

Vitamin A 0% Vitamin C 0%

Calcium 12% Iron 0%

Vitamin D 0% Vitamin B-6 0%

Vitamin B-12 8% Magnesium 2%

## NUTRITION FACTS

Egg, boiled ▼

**Amount Per** 100 grams ▼

**Calories** 155

### % Daily Value\*

**Total Fat** 11 g 16%

Saturated fat 3.3 g 16%

Polyunsaturated fat 1.4 g

Monounsaturated fat 4.1 g

**Cholesterol** 373 mg 124%

**Sodium** 124 mg 5%

**Potassium** 126 mg 3%

**Total Carbohydrate** 1.1 g 0%

Dietary fiber 0 g 0%

Sugar 1.1 g

**Protein** 13 g 26%

Vitamin A 10% Vitamin C 0%

Calcium 5% Iron 6%

Vitamin D 21% Vitamin B-6 5%

Vitamin B-12 18% Magnesium 2%

## NUTRITION FACTS

Bananas

**Amount Per** 100 grams ▼

**Calories** 89

### % Daily Value\*

**Total Fat** 0.3 g 0%

Saturated fat 0.1 g 0%

Polyunsaturated fat 0.1 g

Monounsaturated fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 1 mg 0%

**Potassium** 358 mg 10%

**Total Carbohydrate** 23 g 7%

Dietary fiber 2.6 g 10%

Sugar 12 g

**Protein** 1.1 g 2%

Vitamin A 1% Vitamin C 14%

Calcium 0% Iron 1%

Vitamin D 0% Vitamin B-6 20%

Vitamin B-12 0% Magnesium 6%

## NUTRITION FACTS

Apple ▼

**Amount Per** 100 grams ▼

**Calories** 52

### % Daily Value\*

**Total Fat** 0.2 g 0%

Saturated fat 0 g 0%

Polyunsaturated fat 0.1 g

Monounsaturated fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 1 mg 0%

**Potassium** 107 mg 3%

**Total Carbohydrate** 14 g 4%

Dietary fiber 2.4 g 9%

Sugar 10 g

**Protein** 0.3 g 0%

Vitamin A 1% Vitamin C 7%

Calcium 0% Iron 0%

Vitamin D 0% Vitamin B-6 0%

Vitamin B-12 0% Magnesium 1%

## NUTRITION FACTS

Mangos

**Amount Per** 100 grams ▼

**Calories** 60

### % Daily Value\*

**Total Fat** 0.4 g 0%

Saturated fat 0.1 g 0%

Polyunsaturated fat 0.1 g

Monounsaturated fat 0.1 g

**Cholesterol** 0 mg 0%

**Sodium** 1 mg 0%

**Potassium** 168 mg 4%

**Total Carbohydrate** 15 g 5%

Dietary fiber 1.6 g 6%

Sugar 14 g

**Protein** 0.8 g 1%

Vitamin A 21% Vitamin C 60%

Calcium 1% Iron 1%

Vitamin D 0% Vitamin B-6 5%

Vitamin B-12 0% Magnesium 2%

## Spinach Vegetable



Spinach is an edible flowering plant in the family Amaranthaceae native to central and western Asia. Its leaves are eaten as a vegetable. It is an annual plant growing as tall as 30 cm. Spinach may survive over winter in temperate regions.

[Wikipedia](#)

Scientific name: *Spinacia oleracea*

Higher classification: [Spinacia](#)

Rank: Species

Did you know: Cook, stirring with a wooden spoon and deglazing the bottom of the pan with the liquid that comes off the spinach, until spinach wilts, 2 to 3 minutes.

### Nutrition Facts

Spinach

**Amount Per:** 100 grams

**Calories:** 23

**Total Fat:** 0.4 g

**Total Carbohydrate:** 3.6 g

**Protein:** 2.9 g

## NUTRITION FACTS

Orange ▼

**Amount Per** 100 grams ▼

**Calories** 47

### % Daily Value\*

**Total Fat** 0.1 g 0%

Saturated fat 0 g 0%

Polyunsaturated fat 0 g

Monounsaturated fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 0 mg 0%

**Potassium** 181 mg 5%

**Total Carbohydrate** 12 g 4%

Dietary fiber 2.4 g 9%

Sugar 9 g

**Protein** 0.9 g 1%

Vitamin A 4% Vitamin C 88%

Calcium 4% Iron 0%

Vitamin D 0% Vitamin B-6 5%

Vitamin B-12 0% Magnesium 2%



## NUTRITION FACTS

Dates, deglet noor ▼

**Amount Per** 100 grams ▼

**Calories** 282

### % Daily Value\*

**Total Fat** 0.4 g 0%

Saturated fat 0 g 0%

Polyunsaturated fat 0 g

Monounsaturated fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 2 mg 0%

**Potassium** 656 mg 18%

**Total Carbohydrate** 75 g 25%

Dietary fiber 8 g 32%

Sugar 63 g

**Protein** 2.5 g 5%

Vitamin A 0% Vitamin C 0%

Calcium 3% Iron 5%

Vitamin D 0% Vitamin B-6 10%

Vitamin B-12 0% Magnesium 10%

# Meat

## Food



Meat is animal flesh that is eaten as food. Humans have hunted and killed animals for meat since prehistoric times. The advent of civilization allowed the domestication of animals such as chickens, sheep, rabbits, pigs and cattle.

[Wikipedia](#)

## Nutrition Facts

Meat

**Amount Per:** 100 grams

**Calories:** 143

**Total Fat:** 3.5 g

**Total Carbohydrate:** 0 g

**Protein:** 26 g

[More nutrition information](#)

## PEOPLE ALSO SEARCH FOR

[Vegetable](#)

[Beef](#)

[Chicken meat](#)

## NUTRITION FACTS

Potato ▼

**Amount Per** 100 grams ▼

**Calories** 77

### % Daily Value\*

**Total Fat** 0.1 g 0%

Saturated fat 0 g 0%

Polyunsaturated fat 0 g

Monounsaturated fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 6 mg 0%

**Potassium** 421 mg 12%

**Total Carbohydrate** 17 g 5%

Dietary fiber 2.2 g 8%

Sugar 0.8 g

**Protein** 2 g 4%

Vitamin A 0% Vitamin C 32%

Calcium 1% Iron 4%

Vitamin D 0% Vitamin B-6 15%

Vitamin B-12 0% Magnesium 5%

## NUTRITION FACTS

Tomatoes, red ▼

**Amount Per** 100 grams ▼

**Calories** 18

### % Daily Value\*

**Total Fat** 0.2 g 0%

Saturated fat 0 g 0%

Polyunsaturated fat 0.1 g

Monounsaturated fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 5 mg 0%

**Potassium** 237 mg 6%

**Total Carbohydrate** 3.9 g 1%

Dietary fiber 1.2 g 4%

Sugar 2.6 g

**Protein** 0.9 g 1%

Vitamin A 16% Vitamin C 22%

Calcium 1% Iron 1%

Vitamin D 0% Vitamin B-6 5%

Vitamin B-12 0% Magnesium 2%

## NUTRITION FACTS

Onions ▼

**Amount Per** 100 grams ▼

**Calories** 40

### % Daily Value\*

**Total Fat** 0.1 g 0%

Saturated fat 0 g 0%

Polyunsaturated fat 0 g

Monounsaturated fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 4 mg 0%

**Potassium** 146 mg 4%

**Total Carbohydrate** 9 g 3%

Dietary fiber 1.7 g 6%

Sugar 4.2 g

**Protein** 1.1 g 2%

Vitamin A 0% Vitamin C 12%

Calcium 2% Iron 1%

Vitamin D 0% Vitamin B-6 5%

Vitamin B-12 0% Magnesium 2%

# Lettuce

## Vegetable



Lettuce is an annual plant of the daisy family, Asteraceae. It is most often grown as a leaf vegetable, but sometimes for its stem and seeds.

[Wikipedia](#)

Scientific name: *Lactuca sativa*

Rank: Species

Higher classification: [Lactuca](#)

Did you know: Lettuce plants are usually ready to harvest in six to 12 weeks.

### Nutrition Facts

Lettuce, green leaf

**Amount Per:** 100 grams

**Calories:** 15

**Total Fat:** 0.2 g

**Total Carbohydrate:** 2.9 g

**Protein:** 1.4 g

[More nutrition information](#)

### LOWER CLASSIFICATIONS

## NUTRITION FACTS

Garlic

**Amount Per** 100 grams ▼

**Calories** 149

### % Daily Value\*

**Total Fat** 0.5 g 0%

Saturated fat 0.1 g 0%

Polyunsaturated fat 0.2 g

Monounsaturated fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 17 mg 0%

**Potassium** 401 mg 11%

**Total Carbohydrate** 33 g 11%

Dietary fiber 2.1 g 8%

Sugar 1 g

**Protein** 6 g 12%

Vitamin A 0% Vitamin C 52%

Calcium 18% Iron 9%

Vitamin D 0% Vitamin B-6 60%

Vitamin B-12 0% Magnesium 6%

## NUTRITION FACTS

Beets ▼

**Amount Per** 100 grams ▼

**Calories** 43

### % Daily Value\*

**Total Fat** 0.2 g 0%

Saturated fat 0 g 0%

Polyunsaturated fat 0.1 g

Monounsaturated fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 78 mg 3%

**Potassium** 325 mg 9%

**Total Carbohydrate** 10 g 3%

Dietary fiber 2.8 g 11%

Sugar 7 g

**Protein** 1.6 g 3%

Vitamin A 0% Vitamin C 8%

Calcium 1% Iron 4%

Vitamin D 0% Vitamin B-6 5%

Vitamin B-12 0% Magnesium 5%



Mixed nuts, oil roasted, with salt added ▼

**Amount Per** 100 grams ▼

**Calories** 607

**% Daily Value\***

**Total Fat** 54 g 83%

Saturated fat 9 g 45%

Polyunsaturated fat 15 g

Monounsaturated fat 28 g

Trans fat 0.1 g

**Cholesterol** 0 mg 0%

**Sodium** 273 mg 11%

**Potassium** 632 mg 18%

**Total Carbohydrate** 21 g 7%

Dietary fiber 7 g 28%

Sugar 4.2 g

**Protein** 20 g 40%

Vitamin A 0% Vitamin C 0%

Calcium 11% Iron 14%

Vitamin D 0% Vitamin B-6 20%

Vitamin B-12 0% Magnesium 57%

## NUTRITION FACTS

Peanut ▼

**Amount Per** 100 grams ▼

**Calories** 567

### % Daily Value\*

**Total Fat** 49 g 75%

Saturated fat 7 g 35%

Polyunsaturated fat 16 g

Monounsaturated fat 24 g

**Cholesterol** 0 mg 0%

**Sodium** 18 mg 0%

**Potassium** 705 mg 20%

**Total Carbohydrate** 16 g 5%

Dietary fiber 9 g 36%

Sugar 4 g

**Protein** 26 g 52%

Vitamin A 0% Vitamin C 0%

Calcium 9% Iron 25%

Vitamin D 0% Vitamin B-6 15%

Vitamin B-12 0% Magnesium 42%

Almonds ▼

**Amount Per** 100 grams ▼

**Calories** 576

**% Daily Value\***

**Total Fat** 49 g 75%

Saturated fat 3.7 g 18%

Polyunsaturated fat 12 g

Monounsaturated fat 31 g

Trans fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 1 mg 0%

**Potassium** 705 mg 20%

**Total Carbohydrate** 22 g 7%

Dietary fiber 12 g 48%

Sugar 3.9 g

**Protein** 21 g 42%

Vitamin A 0% Vitamin C 0%

Calcium 26% Iron 20%

Vitamin D 0% Vitamin B-6 5%

Vitamin B-12 0% Magnesium 67%

## NUTRITION FACTS

Cashews ▼

**Amount Per** 100 grams ▼

**Calories** 553

### % Daily Value\*

**Total Fat** 44 g 67%

Saturated fat 8 g 40%

Polyunsaturated fat 8 g

Monounsaturated fat 24 g

**Cholesterol** 0 mg 0%

**Sodium** 12 mg 0%

**Potassium** 660 mg 18%

**Total Carbohydrate** 30 g 10%

Dietary fiber 3.3 g 13%

Sugar 6 g

**Protein** 18 g 36%

Vitamin A 0% Vitamin C 0%

Calcium 3% Iron 37%

Vitamin D 0% Vitamin B-6 20%

Vitamin B-12 0% Magnesium 73%

## NUTRITION FACTS

Raisins, seedless ▼

**Amount Per** 100 grams ▼

**Calories** 299

### % Daily Value\*

**Total Fat** 0.5 g 0%

Saturated fat 0.1 g 0%

Polyunsaturated fat 0 g

Monounsaturated fat 0.1 g

**Cholesterol** 0 mg 0%

**Sodium** 11 mg 0%

**Potassium** 749 mg 21%

**Total Carbohydrate** 79 g 26%

Dietary fiber 3.7 g 14%

Sugar 59 g

**Protein** 3.1 g 6%

Vitamin A 0% Vitamin C 3%

Calcium 5% Iron 10%

Vitamin D 0% Vitamin B-6 10%

Vitamin B-12 0% Magnesium 8%

## NUTRITION FACTS

Cabbage ▼

**Amount Per** 100 grams ▼

**Calories** 25

### % Daily Value\*

**Total Fat** 0.1 g 0%

Saturated fat 0 g 0%

Polyunsaturated fat 0 g

Monounsaturated fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 18 mg 0%

**Potassium** 170 mg 4%

**Total Carbohydrate** 6 g 2%

Dietary fiber 2.5 g 10%

Sugar 3.2 g

**Protein** 1.3 g 2%

Vitamin A 1% Vitamin C 60%

Calcium 4% Iron 2%

Vitamin D 0% Vitamin B-6 5%

Vitamin B-12 0% Magnesium 3%

Cauliflower ▼

**Amount Per** 100 grams ▼

**Calories** 25

**% Daily Value\***

**Total Fat** 0.3 g 0%

Saturated fat 0.1 g 0%

Polyunsaturated fat 0 g

Monounsaturated fat 0 g

Trans fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 30 mg 1%

**Potassium** 299 mg 8%

**Total Carbohydrate** 5 g 1%

Dietary fiber 2 g 8%

Sugar 1.9 g

**Protein** 1.9 g 3%

Vitamin A 0% Vitamin C 80%

Calcium 2% Iron 2%

Vitamin D 0% Vitamin B-6 10%

Vitamin B-12 0% Magnesium 3%

Carrots ▼

**Amount Per** 100 grams ▼

**Calories** 41

**% Daily Value\***

**Total Fat** 0.2 g 0%

Saturated fat 0 g 0%

Polyunsaturated fat 0.1 g

Monounsaturated fat 0 g

Trans fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 69 mg 2%

**Potassium** 320 mg 9%

**Total Carbohydrate** 10 g 3%

Dietary fiber 2.8 g 11%

Sugar 4.7 g

**Protein** 0.9 g 1%

Vitamin A 334% Vitamin C 9%

Calcium 3% Iron 1%

Vitamin D 0% Vitamin B-6 5%

Vitamin B-12 0% Magnesium 3%



## NUTRITION FACTS

Broccoli ▼

**Amount Per** 100 grams ▼

**Calories** 34

### % Daily Value\*

**Total Fat** 0.4 g 0%

Saturated fat 0 g 0%

Polyunsaturated fat 0 g

Monounsaturated fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 33 mg 1%

**Potassium** 316 mg 9%

**Total Carbohydrate** 7 g 2%

Dietary fiber 2.6 g 10%

Sugar 1.7 g

**Protein** 2.8 g 5%

Vitamin A 12% Vitamin C 148%

Calcium 4% Iron 3%

Vitamin D 0% Vitamin B-6 10%

Vitamin B-12 0% Magnesium 5%

## NUTRITION FACTS

Green peas ▼

**Amount Per** 100 grams ▼

**Calories** 81

### % Daily Value\*

**Total Fat** 0.4 g 0%

Saturated fat 0.1 g 0%

Polyunsaturated fat 0.2 g

Monounsaturated fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 5 mg 0%

**Potassium** 244 mg 6%

**Total Carbohydrate** 14 g 4%

Dietary fiber 5 g 20%

Sugar 6 g

**Protein** 5 g 10%

Vitamin A 15% Vitamin C 66%

Calcium 2% Iron 8%

Vitamin D 0% Vitamin B-6 10%

Vitamin B-12 0% Magnesium 8%

## NUTRITION FACTS

Mustard oil

**Amount Per** 100 grams ▼

**Calories** 884

### % Daily Value\*

**Total Fat** 100 g 153%

Saturated fat 12 g 60%

Polyunsaturated fat 21 g

Monounsaturated fat 59 g

**Sodium** 0 mg 0%

**Total Carbohydrate** 0 g 0%

Dietary fiber 0 g 0%

**Protein** 0 g 0%

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 0%

Vitamin B-6 0% Vitamin B-12 0%

Magnesium 0%

\*Per cent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## NUTRITION FACTS

Sunflower Oil ▼

**Amount Per** 100 grams ▼

**Calories** 884

### % Daily Value\*

**Total Fat** 100 g 153%

Saturated fat 13 g 65%

Polyunsaturated fat 36 g

Monounsaturated fat 46 g

**Cholesterol** 0 mg 0%

**Sodium** 0 mg 0%

**Total Carbohydrate** 0 g 0%

Dietary fiber 0 g 0%

Sugar 0 g

**Protein** 0 g 0%

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 0%

Vitamin D 0% Vitamin B-6 0%

Vitamin B-12 0% Magnesium 0%

# Wheat

Cereal grain



Wheat is a grass widely cultivated for its seed, a cereal grain which is a worldwide staple food. There are many species of wheat which together make up the genus *Triticum*; the most widely grown is common wheat. [Wikipedia](#)

Scientific name: *Triticum*

Rank: Genus

Higher classification: [Triticeae](#)

Did you know: In 2015, more than 50 percent of total US wheat was exported.

## Nutrition Facts

Durum wheat

**Amount Per:** 100 grams

**Calories:** 339

**Total Fat:** 2.5 g

**Total Carbohydrate:** 71 g

**Protein:** 14 g

[More nutrition information](#)